

If an oven is available, simply bake for about ten minutes. If no makeshift oven is possible, heat the mixture and the bread separately and then fill and serve.  
\*This is from your Basic C-Ration

## CURRIED MEAT BALLS OVER RICE

\*One can meat balls and beans. Separate them and reserve the beans for a soup  
One can of water  
Two spoons flour  
Two spoons butter or oil or fat  
Three spoons curry powder  
Three dashes TABASCO pepper sauce  
\*Salt and pepper to taste

Use only the meat balls and some of the juices. Add a can of water.

In a meat can, melt the butter or oil or fat and add the flour and curry until smooth. Gradually add the water from the can of meat balls until the sauce is good and hot and smooth. Add the meat balls and heat thoroughly. Season and serve over boiled rice, if available.

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## LEFTOVER BEAN SOUP

\*Beans from a can of meat balls and beans  
Two spoons butter or oil or fat  
Two spoons minced onions  
One spoon flour  
\*Salt and pepper to taste  
Generous dash TABASCO pepper sauce  
One can water  
Mash the beans slightly so that some are still whole. Add to this mixture one can of water

Melt the butter or oil or fat and saute' the onions. Add the flour and stir til

smooth. Gradually add the water-bean mixture and continue stirring until thick and smooth. Correct seasoning and serve piping hot. Just before serving, top with some crumbled crackers and an added dash of Tabasco.

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## CEASE FIRE CASSEROLE

Three spoons chopped green onions  
Two spoons butter or oil or fat  
Two spoons flour  
Four spoons bean sprouts  
\*One can beefsteak with juices  
\*One can spiced beef with sauce  
Three drops TABASCO pepper sauce  
\*Salt and pepper to taste  
Two cans water (using can from spiced beef as a measuring cup)  
One spoon soya sauce

Melt butter or oil or fat in skillet. Sauté' green onions and bean sprouts for a few minutes. Sprinkle flour and mix until well blended. Add one can of water, a little at a time, until sauce is thickened. Transfer this to a steel helmet or other cooking utensil and add the beefsteak with juice, the spiced beef with sauce and the second can of water. Cook slowly til all ingredients are well blended and the sauce is good and thick. Serve the casserole over boiled rice or sprinkle the casserole with crumbled crackers just before serving.

If enough men get together to contribute Basic C-Rations, there will be enough food to feed a squad.  
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## RICE PADDY SHRIMP

Enough shrimp, cleaned and peeled, to fill a large empty C-Ration can  
Two spoons green onions  
Three dashes TABASCO pepper sauce  
\*One can cheese spread  
Three spoons butter or oil or fat  
Three spoons flour  
\*Salt and pepper to taste  
\*15 spoons milk

Fresh-water shrimp is available in the village market. However, you may have to wait in line with the natives. There are fresh fish available in lakes, waiting for you to come and catch them. All you need is a net.

Melt butter or oil or fat and sauté' the green onions. Add the flour and stir until smooth. Now add the milk gradually and continue cooking til well blended. Add cheese and stir til melted. Add the seasonings and then the shrimp and cook til well blended and the shrimp hot. Serve over boiled rice.

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## POUND CAKE WITH CHOCOLATE SAUCE OR BATTLEFIELD BIRTHDAY CAKE

\*One can pound cake  
\*Two rounds chocolate candy  
Two spoons butter or oil or fat  
\*Three spoons milk

Everyone has a birthday. With all due respect to Mom, this is much better than the bashed-in, smashed-up crumbs that were baked at home months ago.